

Chapter - 01

Solicitous Invitation

Do you know that 'Journey beyond Love' is already on for you? Can you believe that your journey to Love Destination was always on? No living being is spared from this ...ever; each living being is continually on this journey. How could you have escaped it? It is already a started phenomenon for you. **Know that journey to Love Destination is not any unique ordainment for you; it is most simplistic movement.** It is, in fact, so simple that if you are living, you are on this journey and there can be no other destination for any Journey other than Love.

Of course, on initial thought, the Love Destination seems to be far off. There is apprehension in the very suggestion. How can one reach a stage wherein he knows, all by himself, that entire panorama around him is pure Love? How can you reach such Love Destination? It appears to be theoreticalplatonic ... unreal ...a mere hypothesis. However, you also tend to believe that your this apprehension is not right ...it may not be right. You think ...and you wish that you should reach your Love Destination; you hope that you reach your Love Destination. **You have been studious ...you have been ethical ...you have been righteous, you need to reach your goal - 'The Love Destination'. You need to be on the 'Journey beyond Love'.**

Please understand that Journey to Love Destination is already on for you. It is only question of your consciously acclimatizing to its language and acknowledging its process. This little book is all about this aspect of you living.

Know that 'Journey beyond Love' can be your ordainment if you consciously start following your basic qualities. You are educated ...you are professional ...and being Ad'dhyaatmic is your basic attribute. The little problem may be that you do not know what Ad'dhyaatm is and how being Ad'dhyaatmic is your basic attribute. In order to tread the Journey beyond Love, you must know your basic ingredients. The busy curriculum of modern professionalism does not leave you with any means to know your basic attributes ...and the Ad'dhyaatmic vision associated with them. In present time, Ad'dhyaatm is positioned side by side with religiosity, cult and ritualism. It is wrong. This misnomer has caused all the havoc in your supposedly simple understanding that you being studious, ethical and righteous, need to reach your Love Destination. **Know that**

Ad'dhyaatm is merely knowing your own self naturally and being useful to yourself. This work plans to take you along your destined Truthful Journey.

You certainly come across glimpses of brilliance sometimes. You do pass through momentary moments of unforgettable happiness sometimes. You sure are a whizzing witness to utter bliss sometimes. Of course, these glimpses are distant and these are too short-lived for you to register or acknowledge. These encountered capsules of brilliance are too tiny for you to make any understanding on them. You do not know why they occurred ...from where they appeared ...and to where they went off. You do remember these little memories but have no idea about the cause of their origin or about the grammar of their language. You are too alienated from these glimpses by your present status. You do not know anything about the science of these communicators from nowhere. **Know that these were your encounters with your God. These were communications of your God to you ...for you ...to propel.**

This work is all about telling you certain facts about these short blissful sparkles of your very personal life. This work is all about showing you your journey, showing you your path enabling you to reach your Love Destination and then taking you to ...Journey beyond Love.

Have you ever tried discovering into yourself - what really propels you? **You will observe that excelling is the sole factor, which always propelled you.** This 'Will' to excel always, is one marvelous factor in keeping you rebellious. Know that you are a rebellion. Know that you are rebellious; that is all you can be. In life, if you are on the journey, you can only be a rebellion. All your life you have to be rebellious. If you are a normal and an educated executive, you cannot be otherwise. Your rebelliousness is that single factor which defines you.

Truthful understanding is all that conforms to your 'Will'. This 'Will' manifests in many forms. You rebelled when you were a child. When you were sent to school, you did not like it; you could not understand the reason thereof. Why you were torn away from coziness of your home? You were made to dress in a certain way - you were made to eat in a certain way - there were plenty of timetables. You did not enjoy - you rebelled by crying ...by yelling, but you could not make yourself understood. You could not have been otherwise. ...You were a fighter then ...and you are a fighter now. You are a warrior inside ...you are a soldier inside. Maybe you lost most of your battles when you were small. You were dependent on others.

Now you are grownup. Still you fight an inner war every moment. Inside you, there is fire ...burning, flaming ...playful fire. This fire makes you live. Whenever this fire is absent, you are not living. You do understand that now this fire has become almost your necessity. You live because of this fire. If this fire is not there, life appears to be without meaning. If this fire were to become absent, life would be purposeless. If inside you, you disagree, you cannot be forced to agree, you cannot be compelled and you

cannot be coerced to admit... Of course, you can be persuaded. In such case, you may express your agreement outwardly, but inside you, whether you agree or not, is totally a different matter; it remains your own very personal concern.

Somehow you abide by the tenet - If you agreed, your development would stop. You cannot agree to what the world demands of you. Your agreement is to enjoyment and the what world demands from you is discipline. What you want is complete, wholesome enjoyment but the world wants you to earn respect and earn wealth. **Your only wish is a total selfish enjoyment** - selfishness that is so total, so positive and so wholesome and so engulfing that there is no place for any negativity in you - it is an explosion inside you to encompass the entire eternity and **the world teaches you to be unselfish**, compromising and charitable... You cannot be otherwise ...you are rebellious ...you are a rebellion.

Deep inside you there has to be harmony but you know deep inside you there is tumult. Deep inside you there has to be soothing, pleasing and sustained leisure but you know deep inside you resides insecurity, incoherence and anxiety. The question is only in defining the depth of 'Deep Inside'. At one level of 'Deep Inside', there is whole family of turmoil etc and at another level of 'Deep Inside', it is whole family of harmony etc.

Civilizations and cultures are built-up to teach you the way. Many in your known civilization and in your own religion have travelled across. They have been revealed; they have become reached; their rebellion has fruited. Sure, their revelry must have been profound. They must have left the footprints for you; they must have made the pathways for your journey. Now your reaching your final destiny must be easy. For you, it must be a joyous cakewalk; it must be a simple walk-through now. However, you are aware ...you are clear and sadly you are sure that it is not so. Somewhere, you understand that this is a very individualistic journey. Those who have reached have not left any footmarks. They have found their way. You have to find yours.

Will your rebellion be of any help? What makes you integrated and what renders you disintegrated? Why those, in your own culture and in your own civilization, who have reached the acclaim, have not left any footmarks? Is that the way to education? Is there a paradise of love? If it is so - Is there a path to it? What is the Journey to Love? Could there be a world beyond Love? If so - What is the Journey beyond Love?

Ad'dhyaatm can be defined as those sayings, those utterances, and those methodologies which, most importantly, furnish dictates, which make the 'The Individual' understand the methods to become Divine. Ad'dhyaatm all over the world is superb in enhancing the spirit of man. However, the chapters herein have been extracted from **Hindu Scriptures** and accordingly these have been termed **Hindu**

Ad'dhyaatm. Tenets and teachings of all religions, which originated in India, with all their unifying and diversifying philosophies, have been elaborated herein.

Hindu Ad'dhyaatm lays down one qualified methodology to carry its students into the World of Across (Beyond Love). You are the professional and as such, you are aware of terminologies and sciences of your field of operation. You are the master of your arena. Please care to know that Ad'dhyaatm is a science too. It is a science of human ingredients ...your ingredients. You ought to know its terminologies and its methods in order to know your compulsive path to sustained happiness and utmost happiness - Bliss.

1. Know the Fellow Being

Please do not make the mistake of imagining the fellow being to be a person merely from your own geographical region or from your own religion. **'The Fellow Being' simply means one who cares to know and one who consistently works on furthering his domain.** Now, this is quite a typical definition - the fellow being is so near to your inner wish.

True religion encompasses in its domain, 'All the Living'. Both the Fellow Being and the True Religion care for all that exists. Both see life in all existence. Both propound infinite happiness for all the living. The true religion is neither asceticism nor illusionism, neither polytheism nor pantheism; it is synthesis of all types of religious experiences; it is a complete view of life. True religion is characterized by wide toleration, deep humanity and high spiritual purpose. The fellow being is one who is strong believer of this definition of religion.

You are the fellow being.

Let us attempt laying down a more exact definition of the 'Fellow Being', let us explore the subject a little deeper -

You belong to a *fairly* well-to-do family. You belong to *quite* a prestigious background, you have enjoyed *quite* a glorious past. You take pride in your past and are *often* reminiscent about the inhibited beauties of it. ***Something always alienates you from your present progression, something is always amiss and something subtle always pricks you telling you in a tacit manner that you are incomplete.***

You commit errors, which turn into mistakes and yet you do not mend; your repeat mistakes convert into blunders and yet you do not correct yourself. However, you are courageous. You do not hesitate to spell out simple facts, which hit you upfront. These

are the facts for which you do not have any satisfying answers. Like, what schooling brings to a man. You do not know for what exact purpose you went to school, you are not aware of why you studied. If someone was to ask you, what is the use of school education? You know you will be as if, taken by surprise - the school education prepares you for the senior secondary education. However, you are frank to yourself and frank enough to speak out. You went to school because your elders sent you there. You also do not know to what purpose your college education is availed; you do not know to what use you are putting-up the knowledge gained during these studies. Pertinently, you went for higher studies - because it was respectable to be in college - respectable for your family and for you. May be at a deeper level, there was nothing else to do than to be in college - you did not know of anything else. Also, the fact that with so much of such personal and collective effort, you have turned into an educated person and landed up in Job ...may be many jobs. **Also, at this point of time, you are more or less established in life, though not truly as per your inner esteem. And now, you have that little extra - more because of you being a truthful man who has some definitive idea about his materialistic requirements. Also of-late, you have started having the urge that this little extra, which so often seems to fly-off needs to be utilized for some more satisfying purpose** (meaning ordinary satisfaction is already your domain and in most generality, you have passed a righteous life till date).

The story of the truthful man from childhood to adulthood is always on these lines. You may belong to some other background viz. from business family or from service class or from rural lineage or from ruling community or from the ruled class of people. The contents, the scenario or the background may be different, but the milestones of your journey have been of these colors and of these flavors - *proud background, unidentified childhood and un-understood adolescence and somewhat seemingly settled adulthood*. You may belong to the more advanced class, wherein your background is esteemed and wherein your childhood and adulthood is well identified.

Yet the basic question that always haunts The Truthful Man is - **'How to further his domain.'** ...**What is the Journey beyond Love?**

Let this haunting remain for some more time...

'Something always alienates you from your present progression'

Something (What is this something?) - **Always** (Meaning continually, a never stopping feeling?) - **Alienates you from your** (Does this 'Alienated You' intrigue you?) - **Present Progression** (But Present is not clearly known to you and the Progression is not recorded in 'Your Self Being'). The answer to basic question, **'What is the Journey beyond Love'** can be found if the **present progression** is understood first. The path is of retracing - the last is planned to be met first. Tracing back on above tracked words furnishes you with the answer to the basic question. First Your **'Present Progression'** must be understood by you, then **'you and Your Alienated you'** must be understood, then the concept of **'Always'** becomes clear and finally 'The Fellow Being' can

understand that '**Something**'. On having back traced this journey '**Love**' is understood by you and thence, starts the journey of '**Beyond**'. This defines the crux of methodology undertaken by us to trace your Journey beyond Love.

This is the journey of the Truthful Man.

The Truthful Man is on a voyage - He is a voyager. He is on a pilgrimage - He is a Pilgrim. He is on a journey always - He is a *Pathik* (A Traveler). He is a Seeker; He is an *Aatmaarathi* (one who endeavors to find the meaning of The Ultimate); He is a *Mokshaarathi* (one who works out to decipher meaning of life through *Moksha* - Emancipation - Liberation).

The Truthful Man (each one in the living existence) is a *Pathik*, is a Seeker, is a Pilgrim and is a Voyager.

Remember, this work is for the above Fellow Beings.

Up to the Destination of Love, it is the Journey of Gross and Beyond Love it is the Journey of Across.

Once you start fostering the feeling that you have that 'little extra' (little extra money, little extra resources, little extra time or little extra energy) and that little extra has been availed to you because of some kind of a blessing and that your acquisitions have been more than your due, more than your effort and more than your need - you tend to be thankful to some Sublime Source for the same. Now you wish to enhance your knowledge of this Sublime Source - The Supreme Power. Not only you wish to know about this Supreme Power but also you want to reach near it. You wish to place yourself in its vicinity for sole purpose of gaining more happiness. **This is the starting point of Ad'dhyaatm.** This is initiation of *Upaasanaa* (Worshipping, praying, placing your seat near to your god) - a very silent beginning - an unnoticed starting - an unseen sprouting. How-much-so-ever small or distant the beginning may be ...but it is there - it has started ...it has begunthe journey has commenced. Only you have to be aware ...consciously aware of the eternal and godly phenomenon.

One benefit of being a Truthful Man befitting to the original definition of The Fellow Being is that somehow, you are already somewhat aware of these studies - you are already aware of these treatises in some hazy fashion - you are already acquainted with knowledge of these chapters - you are somewhat aware of the terminologies of these passages. The purpose behind presenting this compilation to the young and modern executive is to bring forth the extracts of some important dictates of Hindu

Ad'dhyaatm to the upcoming 'Fellow Being'; thus enabling him to take up his journey with more exact understanding, with more clear vision and with renewed thrust.

You have already taken birth as a man.

'Journey beyond Love' is your right ...

Know it ...

Arrive ...

2. The irony of available sources of Hindu Ad'dhyaatm

This work is not a mere compilation of the rich wealth of knowledge contained in Hindu Scriptures. It cannot be so, the compiler herein, is neither knowledgeable in these dictates nor is a qualified person of these academics - he is a mere Fellow Being. An avid seeker can collect enormous data on Hindu Ad'dhyaatm from so many sources available all over. Yet, these collections are **strict** in their approach, **classical** in their content and **glossy** in their exuberance. This communication is planned to be deliberating more and informing less or showing more and divulging less. You are the professional - you will inform yourself better ...you will divulge better.

We are modern and still modernizing. Yet, our educated development is quite strange. We are well read but we have not grown up to adopt any strict approach. Our textbooks have complicated our understanding and have not taught us to enjoy any classical content; we do not find any exuberance glossy. We, the modern executive, though having deep regards for the Hindu Scriptures, feel alienated, as the content in these literatures is not found to be matching with our present way of living. These appear to be truths pertaining to some other world ...not our world. We do not feel any sensitive pride for the dictates in our scriptures. We can, for once adapt to them ...but we cannot pass them to our children with any firm conviction. This feeling of alienation is wrong and dangerous, wrong in its very substance and dangerous because it, for mere reason of inappropriate communication, is causing our imminent wealth to be lost in oblivion.

This effort is in contemplation to place the right in its right place.

In this world, if you start looking for good - kind - capable people, you will find many of them; so manyjust many many living all over - in each dwelling, in each home, in each street, in each town and so on. The world is full of beautiful and caring people; people extending over their reach to further happiness; people stretching over their means to remove pain and misery from lives of less fortunate ones. In India, if you start

looking for people literate in Hindu Ad'dhyaatm, you will find many. ...**India is full of people literate in Hindu Ad'dhyaatm.**

These sources are available in abundance but representation of 'Hindu Ad'dhyaatm' in them has been left in an incoherent state. The literacy expounded in these compilations does not satisfy the evolving and modernizing fellow being. In present times, Ad'dhyaatm is lost in un-understood *Mantraas* and *Rituals*. The present priesthood is neither severe nor demanding. Accordingly, the glorious compelling meaning of Ad'dhyaatm is being lost because of this newly born incoherence. Though available in abundance, it is getting distant. Owing to this, unfathomable gaps are emerging in our social fabric and these gaps are widening to an alarming stage wherein unbridgeable hiatus is feared to be developing in Indian Psyche. While the modern learned fears nothing, the one in-learning gets perturbed. The modern learned remains in his self proclaimed confidence regarding the triviality of this phenomenon, but the one in-learning neither knows what is being lost nor knows what is to be done. This dubious state is indeed an irony.

3. A word about the language used in this communication

Try feeling the irony that any set of Sanskrit words merely heard by a Hindu fills his chest with pride. A simple visual encounter with written Sanskrit glitters his eyes. It is his belongingness ...with something of such immense piety that its vicinity itself makes him glow inside - As if, he is in vicinity of God. ...And, adding to this un-understood divine flavor is this almost a certain fact that no meaning has been understood ...There is no need to understand this forte of such a superb language - an un-understood ...and ...an out-of-practice ...and ...an out-of-usage and ...the oldest language of the world..... Mere feeling is sufficient. What could have made this unquestioned eternal prestige established even in these times of rapidly modernizing communication channels?

The score of literature in Hindu scriptures is available in all copybook styles and in all sorts of un-conventional forms. This compilation too does not stick to strict dictates of grammar. The writing is in the medium of speaking; many a times it is a 'one to one dialogue'. Modulations of thought are expressed by use of bold letters, changed fonts, varying spacing, using capital letters etc. - sufficient liberty has been taken.

While dealing in subject as subtle as Hindu Ad'dhyaatm, it is quite difficult to distance from the gripping power of its language. Original Hindu scriptures are written in Sanskrit. Sanskrit is also known as *Dev-Vaani*. *Dev-Vaani* is the sounds / utterances / language of *Devaas* - the enlightened ones. The script is also called *Deva'nagari*

(township of *Devaas*). Imagine! How can the script of a language be the township of its gods? How somebody's place of living, be the script of his language? Is it possible that you reside in homes that can be read? In fact it is your language, in which you live; your language in fact, is your abode.

In Sanskrit the suffused meaning is not really distant. For example the element '*Bri*' is one out of more than eight hundred basic elements that compose Sanskrit language. *Bri* means big ...bigger ...growing ...ever enlarging ...biggest of all ...and ever expanding. *Brahma* is one word from this element - meaning the God of creation. *Brahmaand* is another word from this - meaning the womb of creation. Now, if the creation, the universe is ever expanding, if the knowledge is ever expanding, if the acumen is ever expanding, if the understanding is ever expanding, if the stillness and the serenity is ever expanding and if this is the definition of life - how man should take this associated expansion? Many times, during compilation of this work, the thoughts got pulled towards the evolutionary zones of the scriptural words - such is the gripping power of this language. However, conscious effort has been made to keep away from getting trapped into this gripping power. It is humbly requested that the avid reader excuses and affords the errors in this writing and accepts the content and style in their earnest form.

4. Emerging Concept of 'The World Religion'

The world in these days is shrinking at a fast rate. It is because of unparalleled growth in fields of communication, technology, entertainment, education, life styles and the developing equity in philosophical understanding of the people all over the world. This is propelling rapidity in psychological unison of the people all over the world. Yet up to this day, as far as human intent towards life is concerned, there are two distinct thought processes in the world. These are 'The Eastern Approach' and 'The Western Approach'. These two distinct thought processes are well established and these form two divergent approaches in all human endeavor.

In The Eastern Approach, the people are understood to be of one kind. Thinking from heart, placing astute logic in the second place to feelings, more sky wards in their thought, socially bound specifically, oriented to comparatively slower pace of life, easily satisfied and so on. In The Western Approach, the people are understood to be of just the opposite kind. Thinking from brain, understanding more by logic than by feelings, more earth wards in their thought, socially not bound specifically, oriented to relatively faster pace of life, not satisfied so easily and so on.

One basic intent of all human endeavors is 'Love' and the followers of these two opposing approaches treat it differently. In the Eastern Thought, Love constitutes a kind of an end to life. For the common person herein, all dignity of life is Love: Love is worth everything, all can be lost for Love rather losing all in Love is the best achievable form of life. In the Western Thought, Love forms one important criteria in life, it is merely one important criterion and it can change into newer forms and newer versions, however the Love is the sole characteristic to stick to in life. The significance of Love is placed differently in both approaches. However, for the literate (Ad'dhyaatm wise) Love is the starting point of the journey.

Though the ethical code is common in these both philosophies of living, the divergent approach gives entirely different outlook to life and into life's basic values. The basic ethical codes of humanity are same at all places - kindness and compassion towards one and all, to be god fearing, to be loving to all and each living being, taking care of one's own natural expansion and so on. It is quite difficult to decipher which one of these two approaches gives more freedom to the liberal and individual living and which one supports more collective and more group oriented living.

This is well explained by the famous theory - **'God is understood as a great fire ball from which millions of sparkles (Individual Souls) are being released continuously'**. These sparkles (Individual Souls) dared to leave the Original Life Source - The God. This daring to leave its own source of origin is only for the strong reason of search. For this reason alone, the basic quality of the Individual Soul is 'To Search' - 'To Know' and this knowing is achieved by the daring alone. The journey of each of these Individual Souls cannot stop until it has searched, until it has reached, until it has gone the complete circle and met its original source. It may continue this journey in a million forms for an indefinite time span but once the journey has started, it ought to end. It cannot end anywhere else but back in the original source of its beginning, in 'The God'. There is no other place to rest. This root concept forms the underlying principle of most religions in the world.

Important fact that we must understand herein is that men both from eastern thought and from western thought start their individual journey from the same original source.

The eastern mind, which is mainly sky wards - heaven wards - supreme wards, is highly individualistic but it is simply and overtly oriented towards God. To the Eastern Mind God directly forms the basis of all thought; God alone directly forms the basis for all the living. To the Eastern Mind God is so readily available. All routes lead directly into God without passing through any other media. This is a complete reversal from the route, which was originally taken up by the Individual Soul, that the Journey emanating from God and travelling in other direction in search. It was to be a journey desired to experience the other part of the Cosmos. But the Eastern Mind, continues on this journey facing towards the God. It is as if, walking backwards. This makes the journey tedious and a difficult foray. No one can run backwards efficiently. You cannot cover

substantial distance in this manner. At each step, you are looking at God and tracing steps in backward direction in wish to meet Him from the other end. This makes the whole journey ambiguous. At each moment, God is with you yet at that very moment you are trying to be away from God. This situational practicality of Eastern thought is self-created and it is stupid. Rightly, as voyagers of the Eastern Mind, we must run through the journey of the other (materialistic) world facing it directly. We must be a winner in it, we must conquer our challenges thereof and we must race through - aiming further towards God.

The western mind, which is mainly earth wards, is highly individualistic too but is simply submerged in the material alone. This is once again a total misnomer as it disregards the root concept and the underlying principle thus misdirecting original passage envisaged by the Individual Soul. To the Western Mind matter has become the goal; the real goal has been lost; the end of the journey is envisaged in the material alone. This turns out to be an impossible situation. In absence of the real goal, one is bound to be left unarranged. Rightly, as the people of the Western Mind on the move, we must live through the journey of the materialistic world, we must be a winner in it, we must conquer the challenges thereof and we must sail through rowing further towards God.

The Eastern Mind needs to work through the materialistic world first and then go on to God and the Western Mind needs to get towards the God too after having sailed through the materialistic world. For both minds the Goal and the way has to be common. There is no other way. Hindu Ad'dhyaatm lays down clear passage for the man en-route his journey by dictating the way. The designated way is 'Dharma' (righteousness) - Artha' (meaning, wealth) - Kaama' (enjoying religiously) - Moksha' (seek emancipation). That is - know your righteousness and follow it rigorously - earn a lot of wealth and acquire the meaning of work - enjoy your acquisitions religiously and discover liberation from all bindings.

Present world is visibly progressing towards this new state. It is evolving naturally into the state wherein the religion establishes the intelligence too. Today such religion is required, which provides answers to human queries through logic and which in itself is not powerless. It must be sincerely capable to affect the Social, Political and Economic complexities of the modern man. The truth of 'The Self Development' is possible through religion alone. Self Development is the main purport of Ad'dhyaatm. The Hindu Ad'dhyaatm clearly identifies both the *Shashwat* (ever-existent) and the *Parivartan* (ever changing). It strikes the winning balance between the two.

5. The Challenge of being a Human Being

Of all the living beings in the world, man is placed highest in the Evolution Cycle. We must learn to respect this most widely iterated statement.

Evolution is the process of development; the process of transformation to the further refined stage, the progression of a living being into next more advanced and more enduring stage and the transmigration of the living being into the further stable state. Evolution is a continuous process that goes on, it cannot stop. Once the journey has begun it cannot be terminated. Evolution is a slow process; in one human lifetime many changes are not seen ...cannot be visualized.

All existence in this world can be classified into two kinds -

- i. **Immobile Kind** - Earth, Water, Fire, Air and Plants are in this category. They possess only one sense - The Sense of Touch
- ii. **Mobile Kind** - These possess more than one sense. These may possess two, three, four or five senses. Worms, Oysters, Conches etc. are beings possessing two senses - Touch and Taste. Ants, Bugs, Lice etc. are beings having three senses - Touch, Taste and Smell. Mosquitoes, Flies, Bees etc. are beings having four senses - Touch, Taste, Smell and Sight. Men, birds, Beasts, gods, inmates of hell etc. are beings having all the five senses viz. - Touch, Taste, Smell, Sight and Hearing.

Everyone and each one undergo the evolution process and this goes-on with absolute certainty. Evolution is automatic, mechanical, natural and happening by itself for all living beings but man. For all but man, growth is in the realms of unconsciousness. Evolution in realms of unconscious beings is collective and certain and natural. 'Consciousness' grows from this evolution. Consciousness is the last ultimate product of Unconsciousness - The End Product. Unconsciousness ends in Consciousness. Unconsciousness is now no more; it has evolved into its final stage; it does not exist now. When unconsciousness ends, consciousness is born - Man is endowed with this unique faculty. Now for man, Evolution is not mechanical, the further growth is not automatic, next level refinement is not natural. Man is born 'Somewhat Endowed With' non-automatic means of growth. In a way, man has transcended Nature.

Now man is Conscious and now Nature cannot do anything for him. Now for any further growth, man has to decide and act. Man is free to choose whether he wants to evolve or not. Now the further growth is not compulsive and it is not collective - it is individual. Consciousness has done that. Now Man is alone and he gropes for groups. Score of civilization is built-up upon this inherent irony of man's existential truth - 'Make him a Beggar right at his birth'. 'Man is a Staunch Follower' (*Anukaransheel Praani*). The term has found place in Ad'dhyaatm too, though to be used only as a tool to out-live inertia.

Now for man, further growth is not certain. It is uncertain - Consciousness has done this to him. In automatic process, there is no uncertainty. Now, further growth may happen or may not happen; evolution may take place or may not take place. There is choice but it rests on the individual alone. The potential is there but choice is the option with man. Now everything is to be decided; now everything is to be chosen - to do or not to do.

Now, man is 'The Chooser' and with this comes man's anxiety. Now it is your responsibility. Now if you choose, it is your choice. If you succeed, it is you who succeeds and if you fail, it is you who fails. Your choice now determines your destiny.

Only man possesses 'The Consciousness'. Only man can 'Know'. Only man can apply his wisdom. Only man is endowed with freedom of Thought, freedom of Action and freedom of Expression. Also, man can stop, can slow down, can decelerate or even can reverse his process of growth. Man can change the course of his evolution. As per Hindu Ad'dhyaatm, even gods are envious of man's this ordainment. The lives of gods are only for enjoying fruits of their powers (*Bhoga*). The gods cannot attempt to change the course of their living - Man can. Man has been endowed with life for enjoying fruits of his powers and for knowing the Truth of *Bhoga* - This is termed *Apvarga*'. *Man* thus can uplift himself in the evolution cycle.

All beings but the man live their entire life under influence of four compulsive stages only - ***Aahaar - Nidra - Bhaya - Maithyoon***. These are Food (Eating) ...Sleeping ...Fear of their life (existence) and ...Expansion of their family. They cannot stretch beyond these four limitations. They are limited by these boundaries in their thought and in their capability. Their world is not expandable beyond these four necessities. So, their evolution is natural and pre-determined. The journey of man is surely beyond these four limiting stages. Love is the first stage across these four natural necessities of life. Man, right from his birth, is endowed with capability to start from this stage and start moving further, but he has to reach the 'Love Stage' first - it is his own choice, his own decision, his own effort, his own selection. It is man's own responsibility to live up to 'The Love'. Most men only think they are in 'Love', that they know 'Love', that they have reached 'Love', that they have found stability in 'Love', that they have risen to 'Love' and that they know what is not falling in 'Love'. '**The Journey beyond Love**' is possible only for those who reach this stage of 'The Love' consciously.

One basic precept ever written down by man is - Living Being alone is food of the Living Being. '**Jeevo Jeevasya' Bhojanam**' - this was declared by the Hindu of yore. This statement holds true for the entire living entirety. In a way, this forms the basic formulation for the world to exist and to continue.

Man, as per Hindu Ad'dhyaatm, needs to look beyond this compelling truth. Man is expected to function across the facts necessarily held underlying this truth. Man is all that his *Mann* (Mind) is. *Mann* is made as a result of what the man consumes. Man is the only one of all the species, which is endowed with power to make his *Mann* (Mind) of his own choice. To the student of Ad'dhyaatm, the precept '**Jeevo Jeevasya Bhojanam**' means to live the life in such a way that the final product of his life must be of some use to the fellow beings ...to the coming generations. This is the self sustained cycle designed by the Supreme Being. If man was not to understand this then it is gross misuse of being born as a human being. It is only unfortunate if man does not understand the hidden meaning herein. The custodians of society need to ensure that

the sustenance goes on ...and on departure of every generation, a healthier and a better one is evolved.

Of all the living beings in the world, man is placed highest in the Evolution Cycle. We must learn to respect this most widely iterated statement.

Hindu Ad'dhyaatm teaches this learning authentically.

6. Knowledge is the Light and Ignorance is Darkness

If a thing is lying in darkness and you are not able to see it, it does not mean that the thing does not exist. **If you desire to see the thing - Bring light to it.** Once you bring light to it, you will see it - you will know about it. Not being able to know about the thing was hitherto, your own inaptitude, your own incapability, your own ignorance and having known about the thing is your own knowledge, your own finding, your own strength.

As a student of Ad'dhyaatm, you 'The Seeker' must be clear of one existential Truth - **If you wish to remove the darkness there is no other way but to bring light to the spot.** Darkness cannot be erased by any other means; it cannot be erased by any other method. Darkness is self-existent; Ignorance is obtained by the past by itself; it is omnipresent; you cannot bring darkness - this is an existential fact. 'Darkness already exists you only have to remove it' and the only method to remove darkness is to 'Bring Light to the Spot'.

In simple extrapolation, being a *Pathik* you must understand that Darkness is already there, you do not have to bring it, it already exists. If you will not labor, it will engulf you. If you will not be effortful, it will surround you. If you are not on the journey in the desired direction, you are already on the journey into darkness. Like in case of an automobile, even for its idle running, some fuel is required, else it must stop - for you even to continue without any movement some energy is required, else you will deteriorate. The time passes off; it cannot stop. For each being, the time keeps on flying-off at a fixed rate. You keep on ageing constantly - the process cannot stop - the Journey is on ...uncontrollably; you cannot say that there is no journey. With every single unit of time passed, you have travelled ...and aged, you have reached nearer to your Goal ...nearer to your End. **If you have not enlightened your path, you are already on a voyage into darkness.**

Wherever the light does not reach, like in the deep holes (burrows) on the earth, in the dark forests of the world and in un-reached blinds of the civilization, it is a known fact

that these spots become the breeding places for all that is bad. These turn out to be erupting spots for all that is wrong ...all that is uncalled for ...all that is damp, infectious and negative and all that is unethical. Dark spots always cause fear, create horror and generate terror; dark spots only dispel intoxication, agony and poison. Dark areas only breed Crime. Similarly, when light (Knowledge) does not reach the inside of a man - all negativity breeds-in, all unethical breeding bubbles up. Even if there are remote and little dark corners in a man's inside - those corners will breed wrong behavior; nothing right can sprout in such spots. You do not have to exert to become less efficient, it comes to you obviously. There are no schools for you to become stupid, no institutions to make you unethical. No one takes up education to get deteriorated; no one asks his elders or teachers to make him ignorant. Ignorance is self-existent. If you need to grow, you have to bring light to yourself; you have to bring knowledge to your being.

Since you are born as a human being and you have harnessed the intent towards being a student of Ad'dhyaatm, you must recognize the fact that darkness cannot be brought to you. No one can bring darkness to you - the darkness already exists. Also, only light is to be brought, a small lamp is sufficient to dispel all the darkness that may be there.

Knowing (to Know) is one main attribute of Consciousness and you are already born conscious and you alone have the choice, you alone have the responsibility to live up to your original trait. You are free to discover and realize your potential and you are free to reach your zenith by simply promising not to remain ignorant; by simply taking the internal oath (*Sankalpa*) that you will bring light to all that is hidden inside you. The journey is simple. You only have to proclaim that you will not live in ignorance and that you will assimilate knowledge of all that concerns you. Hindu Ad'dhyaatm displays the path to the sincere Seeker in a distinguished manner.

Pilgrim is one who is on a journey. In simpler world, a pilgrim is one who is on journey to a holy place - to a destination, which is final - to the abode of supreme satisfaction - to ultimate happiness. When total life is in question - we have to be on a pilgrimage. This is a privileged state; being in such a journey is being on a pilgrimage. When on such journey we must not be directionless, we cannot be directionless.

7. Pre-requisites of the True Seeker

Let us begin with the factual warning - 'The Ad'dhyaatm cannot be learnt by illiterate fools-of-society who cannot seek and find success in life even when they have the chances to pursue their education fully'. The aspiring student of Ad'dhyaatm must be a winner in his pursuits in The World of Gross. It must be clearly understood by the

student that this knowledge (Ad'dhyaatm) is to be pursued in life of self-assertion and chastity.

As a student of Ad'dhyaatm, you must make a sincere opinion regarding following qualities in your own self.

A. First let us look at the **Personal Traits** which must be understood as the pre requisites of the True Seeker -

i. **You must be Courageous** - are you? Do you feel strongly when you see something wrong happening in front of you? Do you, at the least, think in the line of fighting against the wrong and the wrong doer? Do you possess the requisite daring to look into facts deeply and to wade through the mental quagmire in having your own strong opinion regarding the same?

ii. **You must be a keen inquirer** - are you? Do you make deep inquiry regarding the phenomenon that occurs around you? Do you carry each of your internal inquiry up to the level wherein it gets classified either as good or as bad? Do you always ensure that nothing that you seek to decipher ends without the label tagged on it being either belonging to category of good or to the category of being bad?

iii. **You must not let the understanding just fade off** - Do you let it happen? How, if you have made up some understanding, it can just fade off? Is it not demeaning your own decision? Is it not un-justifying your own self? The understanding may get dated, may get labeled, may get categorized, may get tabulated in some particular circumstance but it cannot fade off. Whenever you take it out for any reference or usage it must come out brimming with same flavor, same essence with which you had stored it. There is no question of your understanding fading off, if it happens so - then your studentship is under question.

iv. **You must be a person very serious at mind** - is it a fact with you? Do the thoughts, the deeper meaning, the analysis and its process always occupy your mind? Do you believe that happiness is a serious issue? Do you understand totally that nothing can be achieved cheap? Do you understand that it is not possible to take your own self lightly and still expect real betterment in life?

v. **You must be a risk taking person** - are you? Do you challenge yourself and take struggle against yourself and are always in a self correction mode? In response to your aspirations, do you naturally venture into newer avenues even if you find them not very congenial to your present state?

vi. **You must be person who is innocent** - childlike and full of wonder and awe. A person who enjoys world around him as it is. Who is a strong believer of correctness of nature and its laws - are you? You must not be a lethargic carrier of your past and also must not be a longing aspirant of your future; you must be a dweller of the present - are you? You must be fresh and charming in your manner - are you?

vii. **Whether beggar or emperor - you are always a beggar** - Is it so? Now, this particular quality is a very important pre requisite of the True Seeker. Pathik having this attribute is sure to escalate himself to a fairly high degree of position in the Journey of Ad'dhyaatm. Somewhere deep inside you, if you understand that no matter what you do, whatever you receive, whatever you give you are always wanting something, that you are always looking for something, requiring something, you are always in need of something - you qualify as a True Seeker.

viii. **Whether poor or rich - you are always a poor** - Is it so?Poor means in need of more.....poor means still on the journeyPoor means you have not reachedHow can you be rich without having reached?The Pathik is requested to make his own understanding.

ix. **Whether winner or loser - you are always a loser** - Is it so? Wining is sucha little thingblockading youeven belittling you. Losing inculcates drive into youit inducts you into the world of searchinggropingand stretchingThe Pathik is beseeched to make his own observation.

B. The Pathik with above personal traits slowly develops power to experience the Absolute Truth intuitively. What develops as a byproduct of above personal traits is following**Special Qualities** -

i. **Vairaagya'** - Dispassion for all enjoyments herein and in the hereafter. This is a unique ordainment of the Pathik. You are not passionless, you are not devoid of passions, you are not unconcerned and you are not alienated to the world around you. You are dispassionate, passions do not affect you, passions do not bother you and you are unattached to outcome of passions. Passion has an understood existence for you, you are concerned but your concern is humane and academic. Passions are like your tamed pets to be loved. Passions do not affect you. It is you who affects the passions. Hindu Ad'dhyaatm has so strong affinity for this subject that in one definition of Ad'dhyaatm it is said that only those scriptures can be classified Ad'dhyaatm which develop *Vairaagya'* in the student.

ii. **Viveka'** - Discrimination between the Real and the Unreal. Understand that these special qualities are blessings on the student. You do not achieve this supreme attribute of a man, this reaches you - you only have to become a worthy recipient. *Viveka'* cannot be read from literature, it cannot be achieved by reaching; it cannot be understood by effort. *Viveka'* is wisdom - it is blessed upon you - you receive it, you are the recipient. The positivity of this attribute is not in adjustment, not in letting go, not in understanding alone, not in procrastination in the garb of maturity, not in underplaying

the glamour of it. It is in meeting with the challenge upfront. It is in being able to play the game of Truth at every moment. *Viveka*' is being alive to the world around you and contributing to its cause as per rules of the Supreme.

iii. **Shad Sampathi** - These are versions of the divine human wealth - these are 'Six Ethical Perfections'. If and when these most special qualities become inherent power of the Pathik, he is said to have become a beloved of the Supreme. You have started to overgrow in love and you are turning into love itself. These special attributes take you into the direct roads to the divine -

- **Sama** - Tranquility of the Mind
- **Dama** - Restraint of the Senses
- **Uparathi** - Renunciation Of Desires
- **Titiksha** - Endurance
- **Shrad'dha** - Faith
- **Samaadhaan** - Mental Poise

iv. **Burning Desire** to realize the self within - which is the self in all. The student is requested to live up to this quality by himself and acclimatize himself to this attribute by his own accord.

C. General Qualifications -

i. A fit student for Ad'dhyaatmic growth and spiritual unfoldment is one who will come to seek his own liberation only when he has fulfilled his duties towards his own relations and to the generation in which he is living.

ii. The true seeker appreciates and practices to exhibit perfection of touch and delicacy of stroke in his art. He not only throws much color in the character but pauses, now and then to brighten up his story with sure touches of emotion to paint true life. Such actions surely bring him many glorious fruits. Also the seeker always strives for acute intelligence and inordinate retentive capacity.

iii. An ideal pilgrim harnesses the spirit of sacrifice and displays the capacity to find within himself enough sympathy to serve not only his own near and dear relatives but also the whole universe. He puts their benefit first, even before his own redemption. This one of the most important qualifications unavoidable in true seeker, if he is to be a total success in his pilgrimage to Truth.

iv. Religious pursuit will not be and cannot be a bar to a perfect social and communal living. A spiritual aspirant is not to be deaf and dumb; he must be one fully

aware of the needs and sorrows of the world of men about him. He must seek and find within himself a kindness and a tolerance enough to melt his heart weeping for the sorrows of others. If he has not the capacity to identify himself with his own relations and his own generation, he is not fit to enter the holy-of-holies in the 'Temple of Truth'.

v. A man of perfection is he who in his state of experienced God Hood has expanded to become the *All* and has come to feel for not only his own relations or countrymen, but equally for *All* that is, such a perfect master alone is a true citizen of the World with a perfect Universal Love.

Unless one has practiced Universal Love for sufficiently long period, one cannot expand himself fully to contain the cause and essence of all The Universes, The Lord or The Truth.

8. *Dil aur Dimaag* (Heart and Brain)

Man from the time immemorial, has been shunting between these two compelling organizations of his being - ***Dil (Heart)*** pumping blood (carrying oxygen - Life - *Praan*) to all parts his body and ***Dimaag (Brain)*** processing energy signals (carrying information - Knowledge - *Gyaan*) into his being. The organization of *Dil* is a must for the life to go on - *Dil* constantly infuses life into your being; those with propensity towards *Dil* see their lives around emotions. Their world is woven around feelings. Their love, their God finds expression in life full of love expressions. The organization of *Dimaag* is also a must for life to go on - *Dimaag* constantly impregnates life into your being. The propagandists of *Dimaag* build their lives around logic; their world is woven around Truth. Their love, their God finds expression in life full of inventions.

8.1 *Bhav Saagar* - *Bhav* is existence and *Saagar* is ocean, *Bhav Saagar* means the Ocean of your existence - it is definition of your existence till date. It defines what you are and what you have been. This part of your world is contained in your *Dil* (heart). It is your *Dil*, that contains your *Bhaavnaatmak Saagar* (Your Emotional World). This is the world of your feelings, emotions, desires, wishes, expectations, ethics, dictated religions and your established *Dharma*. In emotional world, you tend to float ...you seem to traverse with ease ...without effort. Everything is natural, soft, easy, effortless, painless and continual and ...on the move - seemingly in right direction - and ...already taken care of. ***Bhaavna* is defined as - 'That natural part of yours in which you live**

and wish to live'. In this part of your effortless living, you are at ease and enjoying too. Yet many times, living in this comfortable zone, you are disturbed. You, living in this easy zone of your liking, at times, commit some errors. These errors in your actions, are revealed to you either by the results thereof being against your natural liking or these errors were deciphered by your own self during some later phase of introspection.

Your *Bhaavna* is your natural soft part until date, which is excellent without any doubt, but it can be modified. This world of yours can be extended to newer limits; it can be stretched to further horizons. And sure if at times, this natural soft part of yours came under scrutiny of your internal self, there is a scope for its modification. Let you be straight forward with yourself - it can be improvised rather it should be improvised. **Your *Bhaavnaatmak* world has evolved to its present stage and delivered to you the results there of, but either some of the results were not in line with your natural wishes or at times you have realized that some actions guided by it were not correct, so it needs to be improved - This is one definition of life.**

'You have evolved up to this level, but you need to evolve further' - First thing is to realize this fact of human life. Being a human being, this advancement in your being must be taken up with zeal and urgency. The process of evolution will not stop, it cannot be stopped; but man has been ordained with the power and prowess to accelerate his process of improvement. You should utilize this special gift blessed on you in this life of a human being. Not utilizing this power, 'Your Consciousness', to take your *Bhaavnaatmak* being to a further evolved level will be living not only foolishly but also sinfully.

8.2 Gyaan Saagar - *Gyaan* is knowledge and *Saagar* is Ocean, *Gyaan Saagar* means ocean of your knowledge - it is your definition of your beginning from today; not of what you have been but what you can be. This world of yours is submerged in your *Dimaag* (Brain) or it is your *Dimaag* that contains your *Gyaanaatmak Saagar* (Your Knowledge World). This is a world of understanding, co-relating, testing, implementing, collating, analyzing, institutionalizing, of logic, of thought and of intelligence. In this world you tend to aspire, you seem to traverse with passion. Everything is chronological, building up, accumulating, and on the move seemingly in right direction. ***Gyaan* is your patented part in which you live, wish to live. In this part of your planned living, you are satisfied and enjoying too.** But, many times, living in these testing times, you get perturbed too. You, living in these acclaimed zones, at times, commit some errors. These errors because of your working are revealed to you either by their results which were against your natural liking or these errors were understood by your own self during some phase of review or introspection.

Your *Dimaag* has been your natural soft part till date, which is no doubt ...beautiful, but it needs to be modified. This world of yours should be modified into directions that are

further fine-tuned; it should be stretched to further horizons. And sure, if at times this acclaimed soft part of yours came under scrutiny of your internal self and was observed to be erroneous, there exists a scope for its re-orientation. Let you be straight forward with yourself - it needs to be improvised rather it must be improvised. **Your Gyaanaatmak world has got developed to its present state and delivered to you the results thereof, but either some of the results were not in line with your natural wishes or at times you have realized that some actions performed by it were not correct, so it needs to be improved - This is one another definition of life.**

'You have developed up to this level and have delivered accordingly but you need to develop further for finer deliverances' - First thing is to realize this fact of human life. And, being a human being, this advancement in your being must be taken up with zeal and urgency. The process of development for you will not stop, it cannot stop. But man has been ordained with the power and prowess to fine tune his process of evolution. You should utilize this special gift blessed on you in this life of a human being. Not utilizing this power, 'Your Consciousness' to take your *Gyaanaatmak* being to a more evolved level will be living not only foolishly but also sinfully.

Being a Student of Ad'dhyaatm, you cannot satisfy yourself with spurious logics as 'If you live, the life is bound to be there'. That is - any living has to have a story, only the non-living lives without any incident being attached to it. If you do something, some errors are bound to happen; warriors alone fall in battlefield, a common man cannot. Please understand, if you failed having performed as per above norms, in the first place you will not be disturbed rather you will be proud of yourself - It is the understanding that you applied yourself to your fullest that gives you pleasure - winning or losing are not important ...really. Secondly, it is not the question of winning or losing - It is the question of some errors having been committed by you, which in their result or in introspection left you disturbed ...and your consciousness telling you that you could have done better.

These both organizations predominantly define the psychological being of your psyche. These two determine the intention of your being. This intention or inclination of your being is called '*Upa'yoga*'. *Upa'yoga* is the resultant of consciousness. As per realistic point of view, *Upa'yoga* is the sole characteristic of Consciousness. Ad'dhyaatm professes the onwards journey. The answers are revealed to the student of Ad'dhyaatm by energizing his '*Antar Gyaan*' (internally revealed knowledge).

8.3 Antar-Gyaan - is God's that power which is received by you in utmost simplistic manner - It is obtained ...just like that. Ad'dhyaatm teaches the way to *Antar-Gyaan* through which the student is directly revealed the Truth without aid of any medium. The student gets his all answers. In the moments when you are calm, this is revealed in a natural manner. The truth can be realized only by development of '*Antar-Gyaan*'. This surfaces in the heart through *Bhaavnaa*. Pure logic and pure *Bhaavnaa* are qualities of

Antar-Gyaan. *Antar-Gyaan* is the store house of *Gyaan* ...and ...*Bhaavnaa* is its one expression. It is important to have balance between your *Bhaavnaa* and your Thought. Unhappiness achieved because of committed errors, either due to your emotional actions or due to your developmental actions, can be removed only by realizing the Truth. *Antar-Gyaan* is necessary for each phase of your life - and is revealed only in calmness.

9. The Devil in Us

9.1 *For a pilgrim the 'Devil in us' is one of the first important blockades. For the pilgrim the dictate is that this Devil is to be identified and killed. The traveler has to do it himself.*

You are in a beautiful relation ...in an enchanting state ...and suddenly something happens - You sort of lose the track ...sort of miss the timing. You are sort of possessed with some external force; external ...because you are not aware of it. You are surely not what it converts you into ...It is surely from 'out of your mind'. This external phenomenon, this force from some outside existence is completely devastating.

This force is cunning in its very base - it knows you more than you know yourself. It is intelligently aware of all worst of you. It is exuberant in most obnoxious manner. Its intelligence is brilliant but utterly negative in approach. It takes devious satisfaction in finishing your companionship with your beloved. At the same time, it makes you feel that you are at your moral best.

There is this ...devil in you ...who attacks you without any warning, without any alarm and leaves you in hopeless state. Your relation is spoiled; you are left bereft, to live with guilt. **The Devil exists very much within you.**

Yet the irony is much different.

You are such unique specie - such non perfectionists - such incomplete persona that you presume that ...you have forgotten. Your presumption is such a total pseudo - such a wholesome false that it appears real to you. Your falsehood takes over you completely. This momentous understanding is your own created and adjusted misnomer. In fact, you do not forget - you are matured; you do not let go - you are intelligent; you manage - you are learned. You don't even promise yourselves not to

repeat the mistake. You do not even bother to find an excuse for your misdoing - you are great.

Your counterpart is also like you and ...you ...live on. There is no guilt; the relation is not spoilt; nothing is lost - **The devil never existed in you.**

9.2 *Simply, Obtrusively, Uncontrollably - It Approaches. Its Approach is missed by you! And it Attacks asunder. It Ruins everything that you are made of - Devastating your Present. It Robs you of everything that you could have been - Excruciating your Future. You are left with nothing to bargain back your lost state.*

Simply - watch the cunningness of the Devil ...its form ...its track. It turns simple, obvious, and unknowable - it matches your color ...your temperament so that it is not recognized. Its original purpose is to harm you permanently, but it colors itself in shades unrecognizable to you. It is a chameleon by character - Chameleon does so either for its own safety or for its hunger, but this Devil is doing for the sole purpose of devastating you. **Watch it.**

Obtrusively - that is the way of the Devil. It comes from a hidden angle - from an unknown passage. Those passages which lead to you and which are unknown to you (may be temporarily), may be for that one moment of unawareness. And the Devil knows this. It shades itself unknown and tracks-in on a path unknown to you. It attacks only when your watchfulness is reduced and when your awareness is lessened.

Watching in such a way - that you never miss a moment, that you never sleep, that you never lose aware form of yours and that you are always conscious - is the trick. **Watch it.**

Uncontrollably - It knows your mind, it is aware of all that you are made of mentally. You are wrong if you inform yourself that it is an external force - it is not. If it leaves you uncontrollable, it surely knows you - so it is from very much within you only. And also, its elements, it's all negativity is within you only. What can make you uncontrollable? You only, who else? It is merely some form of yours - some un-understood form. Some unwanted form of yours. Some form of yours which is deeply suppressed, which is kept deeply hidden by some sort of intense regression. And as this absolutely negative and intensely suppressed form of yours starts attacking in one most intelligent and cunning manner with all negativity for that moment it appears one kind of Truth - Negative into negative is positive. Know that - that seeming truth is one of your versions - of course your own perverted version. You have just to apply the Golden Rule. **Watch it.**

Its Approach is missed by you - Watch its cunning. It is your fault and nothing else. You have allowed its approach to be missed. It is just your own intelligence against you. It is just your own misuse of your strength against your positivism. It is

victory of darkness over your false light source. It is a clean understanding that you have covered yourselves with false masking and are living in the glory of false light. Nothing misses you but only that what you allow. It is only the question of understanding - it is cunning but you have allowed it to be so. **Watch it.**

It Ruins everything that you are made of - Devastating your Present - Do not read it in poetic form or in a floating mood; decent, decorative words create grossest confusions. The Devil does exactly as written. You still live on ...you need to become a better traveler. Your inquisitiveness is not sufficient for the journey you have ventured. You are on wrong vehicle. You must either leave the wish or change the vehicle. After someone has ruined your present - it is the question of respecting the result of your endeavor till date. How can you not get deep into the problem? You need to watch it - rather it is most urgent call of your present being. **Watch it.**

It Robs us of everything that you could have been - Excruciating your future - If it has ruined your present - there is no doubt. What it will do to your future? Past was at least 'grown up', it was established, it had been framed up, it was lived, it was known and it had been an acknowledged understanding. Future is unborn, unknown, non-existent. You do not want to depend on other person's ignorance. You did not associate with him for the reason that he was a mediocre or a fool. Your co traveler is not a non-entity. If your co traveler is senior - he would understand. If he is junior to you - better you understand. **Watch it.**

You are left with nothing to bargain back your lost state - Understand the dictate - measure its worth - fathom its depth. It does not leave you with another chance. Such is the Devil - ruthless - just delivering the final blow - without mercy whatsoever. If darkness is your ego - and the world tells, "Drop your Ego" - you cannot do it. Nobody can drop his ego. How can one drop his complete existence? Because ego is all that we are - ego is our entire self defined. We are whatever our ego is. If our ego is finished we are no more. There is a trick in this - ego cannot be dropped and yet this is the final responsibility of the pilgrim that you are. Our first milestone is to kill the devil in us. So, present chapter is about this Devil. The Golden Rule is applied here too **Watch it.**

9.3 The Manifested vs. the Un-manifested

Be it known that you are perfect. You have always been perfect. There is never any imperfection in you - there could not have been. How can you live being imperfect? If you can live being imperfect, it means the false can live. How is that possible? The false has no life. Only the Truth has life - "The Truth Alone Prevails". This is to be clearly understood by you, the perfection and the imperfection in you are existing simultaneously hidden and surfaced. This is the question of your awareness and unawareness, your involvement and obliviousness: You cannot be ignorant in your

consciousness: There will be extreme disturbance in your existence if you were to live along with imperfections consistently.

Thus, every living soul is perfect: And every life must be perfect too and its imperfection must get dissolved in some time. This indeed is the law of nature and this is one important doctrine of Hindu Ad'dhyaatm. It is the most authentic story ever written on human spirit. But, when we talk of one human life, in most cases, that does not happen - the associated imperfections do not get dissolved. Though, the living being is perfect, and also at the same time, it is associated with little or lot of imperfections. What makes the whole difference is that 'The being is not aware of this phenomenon' because he is not travelling for the pilgrimage; he is not a pilgrim.

This auto correction, where-in your imperfections are dissolved, in short periods of living, are ordained only to the pilgrims. The environment of the pilgrim takes care initially and in time, the pilgrim learns to make conscious effort to such causes. This conscious effort will make you aware - will awaken you to your purification process. You will turn purer and purer - you will start enjoying the process of further purification - of further enhancement of your progress. You will start living this reality, this up lifting process of life - like living dream. The Devil of imperfection will be, now known to you and you will also be conversant with the process of its dissolution.

In presence of light darkness cannot exist. Darkness has to leave even if a small light is brought to it. The pseudo does have life, because pseudo appears like truth. The pseudo is more dangerous than the false. False is at least evident - it can be understood - it is understood sometimes, though not recognized, though missed. The false has a quality of being truthful in its entity; the pseudo is false which appears as the truth - pseudo is dangerous. It is tremendously risky to live in pseudo - it is dangerous living with pseudo.

The pilgrim is blessed to identify the pseudo and method to escape it. His being teaches him about this. His co-travelers identify the pseudo for him and take privilege in freeing him of his doubts. The co-travelers' love him for being a good company - a docile disciple - a disciplined student. The pilgrim is always under self discipline - internal discipline. Discipline is always beautiful. Not imposed - no repression - no regression - just discipline for better understanding - better enjoyment. These benedictions are his privilege. He does not have to be demanding, aspiring, asking for such blessings - these are unsaid, unaccounted fruits on his journey.

Do you allow repression of your thoughts? - "No"

Then how can imperfection be your part?

Do you believe in being a hypocrite? - "No"

Then how can you be imperfect?

Putting blockade to your stream of thoughts and resolving to tell lies in order to live-on are two main factors that turn you imperfect.

For the pilgrim that you are - in your final state - you are only your thought.

You are a clear winner if the stream of your thoughts is not repressed. You are through if the stream of your thoughts is allowed to flow unperturbed. You have won the battle if you are ordained to maintain this status and if the resultant of your being out of the overall quality of your thoughts is such that you do not have to take support of hypocrisy in maintaining your journey. Then you are a perfect being. You are perfect and you always have been perfect. The false or the imperfect has not been your part. If it were, at any time, it must have got eliminated because you are a pilgrim, because you are naturally courageous, you do not repress your thoughts and you are not a hypocrite.

Now it is a different matter that some part of your existence is a pseudo. You cannot know about it. You do not have the necessary cognizance to recognize the pseudo - the false truth reigning over your being. If you are a pilgrim - this in itself means you are treading the path to glory - you are curious to know about the pseudo which you may be carrying along. This will be taken care of - in auto correction from your environment. You need not worry about this pseudo. Only the burning fire of being on pilgrimage is the important factor. Lesser you indulge lesser you are benefited - more you are on track more you gain. It is a simple logic. The pilgrimage is your sure ticket to perfection.

And the other possibility is that your manifestation is quite limited. That is - the arena of your awareness is not sufficient enough to qualify you to be a dynamic pilgrim. Now this is a quite a subjective statement. What could be the definition of sufficiently enough arena of awareness? But that is that - a human life is subjected to so many transformations - childhood, adolescence, adulthood, maturity, family-hood, earning wealth-fame, spending, giving back to society, serving, old age and preparing to leave the world. To be qualified as a dynamic pilgrim you must be adequately knowledgeable in above arenas - you must comprehend these stages of a human life and must have sufficient knowledge regarding the same. Your understanding must be qualified and acknowledged and carry your own signature of truth. It is not that you will learn about these passing phases of life only by living them. The pilgrim knows most of it - he is always prepared for what is to come - he is having the understanding of the Toto. But the possibility that your awareness zone - your manifested part is too insufficient to understand the whole in a decent manner - is the point of discussion here.

That is, you are still a child - neither childish nor childlike - just a child. Nothing about your temperament or behavior is funny or sounding stupid. That is nothing is childish about your mannerism, but at the same time, you are not childlike too. Remember - a person of integrated nature is childlike. A matured person thus, is always full of wonder, awe, trust and innocence. These are childlike mannerisms that he carries. He is always intelligent and pure. He is always giving and composed. He is always ready and alert. He is always conscious and aware. He is always on the pilgrimage.

Though, you are perfect and you always have been perfect, but one that you may be carrying some part in you that may be a pseudo and two that your manifested form is far less from being decently complete. So you are good - but not good enough. You must have the minimum potential required to overcome the inertia, the resistance, the darkness, the ego for the current to start flowing for you to become a human being - for you to enable yourself transcending your environment.

Enjoy and be happy. Play and be cool. Pilgrimage is ordained.

Your process of manifestation is continuous. And be aware that your manifested part does not like your un-manifested part to become manifested. Your manifested part is feasting on you. It is living on you. It is enjoying on you. When another un-manifestations convert manifested in your being - these already manifested parts will lose their hold on you. Their control will stand lessened. They may even be dropped - specially the pseudo ones. This war goes on ever and ever without your consciousness having any knowledge whatsoever. The birth and attack of most Devils is because of this unstoppable phenomenon. This is a very silent cause - as silent as the devil itself. Again if your rate of manifestation is high - you need to be doubly conscious. You need a qualified Guru. These manifested parts of you and the pseudo imperfections in you are going to unite, rather most vociferously, against you. And you do not have the internal ears to hear their mischievous plans. These ears are not yet developed in you.

Learn to transcend your environment.

Learn to accept the whole.

Learn to enjoy the totality.

Learn to be happy.

Listen carefully to the co-travelers.

Respect yourself.

Love yourself.

Visit your inside.

Develop spontaneity.

Enjoy living.

Identify the Devil - Look - Listen - Enjoy

10. The Solicitation

The World of Beyond is reached by one who is on the way - The Pathik. 'Journey beyond Love' is a simple track. Herein, you always face two options - one is good and the other is very good. There is no other choice - 'Good or Very Good'. Options are always enchanting; there is no let-go; both choices are great and extremely rewarding. You have to make the choice. Choose the good - it is the lesser good - lesser than very good. The Pathik always revels in loss, in poorer state. The state of being in 'good' is the benediction - is challenging - is rewarding - is stretching - is conforming to excellence. If you are always the chooser of 'Good', it becomes your companion, it befriends you, it becomes known to you, its nuances are known to you; it lays naked in front of you; it is always with you. God is left with no choice but to bestow 'The Very Good'. The very good is the only boon you can have then - the only boon that you will have then. The Very Good always comes from God. The Good was always the God's Will and The Very Good is always the God's Benediction.

Follow the *Shaastra*'.

If *Shaastra*' is not known, follow the *Shaastra Gyaataa* (One who knows the *Shaastra*).

If you do not know a *Shaastra*' *Gyaataa*, follow what is said by the *Shaastra*' *Gyaataa*.

How will you have the intent to follow what is said by the *Shaastra*' *Gyaataa*? Only if you have *Shrad'dhaa* (Faith).

Shrad'dhaa is Guru's presence in your vicinity. Guru is the one who elevates you (student of Ad'dhyaatm). Guru carries you on the path designated by *Shaastra*'. Guru is one who removes the Darkness in you. Guru could be a refined man, an acclaimed man; Guru could be a book, a tenet, a mantra. Guru is one acknowledged who gets your knowledge to you. You can conquer your world only if you know your passage and are guided by an able Guru.

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